

Micro-Mastery
THE COMPANION WORKSHEETS

CHAPTER
10

The Second Curve

From Achievement to Fulfillment



THE EXERCISE

The Satisfaction Equation & What Is All Of This For?

The Authority Apex is not an end in itself. It is a structure designed to create the conditions for a meaningful life. The point was never just to build a machine that produces money. The point was to build a machine that funds a meaningful life.

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The Satisfaction Equation

One of the most useful ways to understand this shift comes from Dr. Brooks' framing of the satisfaction equation. Whether you treat it as literal math or as a memorable way of thinking, the insight is powerful.

Satisfaction = Reality ÷ Expectations

Doing \$500k that only needs \$250k is mathematically more successful than a firm doing \$5M that needs \$6M to survive.

LEVER 1 · ADDITION
Increase Reality.
Grow the numerator. Work harder, close more deals, scale the team. (The exhaustive path.)

LEVER 2 · SUBTRACTION
Decrease Expectations.
Shrink the denominator. Define enough. Kill false ambition. (The leverage path.)

REALITY · WHAT I ALREADY HAVE

Name five things — already true, already in your life — that you would have called success ten years ago.

- 01** _____
- 02** _____
- 03** _____
- 04** _____
- 05** _____

EXPECTATIONS · WHAT I CAN SHRINK

Name two expectations that have quietly turned achievement into a moving target. Then trade expectation for appreciation.

- 01** _____
- 02** _____



What Is All Of This For?

The Authority Apex is not an end in itself. The point was never just to build a machine that produces money. The point was to build a machine that funds a meaningful life.

I. What have I built?

Name what is undeniably true about the life and work you have constructed so far.

II. Who am I becoming through what I have built?

The first curve is a strategy. The second curve is a reckoning. What is the work asking you to become?

III. Who benefits because I was here?

Legacy is rarely measured in fame or scale. It is measured in people. In wisdom transferred. In lives strengthened.
